

Schedule of Events



Friday Night, 6pm-8pm
Registration

Saturday Session, 8:30am-5pm
Breakfast & Lunch provided.

Sunday Morning, 7:30am-10:00am
Breakfast provided
Optional Worship Service, 7:30-8:30am
Marriage Recommitment, 8:30-10:00am

Topics I include:

- ♥ Four Goals of Prep
- ♥ New Perspectives on Problem-Solving
- ♥ Fun and Friendship
- ♥ Deployment and Reintegration
- ♥ Sex and Sensuality: Protecting your sex life
- ♥ Keeping Conflict Under Control
- ♥ Changing Roles, Changing Rules: Gender conflict
- ♥ Destructive Patterns: Signs of danger ahead
- ♥ Controlling the Home Fire: Handling issues well
- ♥ Safe Harbor: Commitment and Forgiveness
- ♥ Talking without fighting: Speaker-Listener skills
- ♥ When What You Heard Isn't What I Said

Because we value our North Carolina National Guard Military Families, we welcome your ideas, suggestions, comments, and feedback about the Marriage Retreats. Please let us know what we can do to improve the Weekend Retreats for You and your Spouse. Feel Free to contact us with your suggestions.

Diane Coffill, Director, Family Program
800-621-4136 ext. 6324
Email: diane.coffill2@us.army.mil

MAJ Steven King, State Chaplain
800-621-4136 ext. 6198
Email: steven.king4@us.army.mil

Be sure to visit us online at www.nc.ngb.army.mil/family for updates on the hotels for the Marriage Retreats and other great information for military families.

The NCNG Family Readiness Program is dedicated to serving all military members and their families. Family Assistance Centers (FACs) are located throughout North Carolina to help assist you. Each FAC serves as a resource center to assist you with any family-related issues. Friendly family specialists are available to help address your questions or concerns. Whether you need information concerning medical benefits, legal assistance, community support or just someone to listen...Help is just a phone call away! Stay connected with your local Family Assistance Center so that you can stay informed on the latest military discounts, family readiness events, youth activities, and more. To access a FAC toll-free, dial 800-621-4136 and enter the 4-digit extension when prompted. All FAC Representatives are dedicated to assisting you. They will occasionally call to check on your well-being. After hours emergencies, call the EOC at 800-621-4136 ext. 6394.

North Carolina National Guard



Family Assistance Centers

ASHEVILLE, Lana Greer: lane.m.greer@us.army.mil
75 Shelburne Rd, Asheville NC 28806
828-271-5029 (4-digit ext. 5029)

CHARLOTTE, Kati Toney: kati.toney@us.army.mil
4240 West Blvd, Charlotte NC 28208
704-359-5756 (4-digit ext. 5756)

GREENSBORO, Katy Jones: katy.m.jones@us.army.mil
110 Franklin Blvd, Greensboro NC 27401
336-691-7712 (4-digit ext. 7712)

MORGANTON, Nancy Davis: nancy.davis3@us.army.mil
411 Kirksey Dr., Morganton NC 28655
828-437-0746 x. 18 (4-digit ext. 8611)

SMITHFIELD, Abby Millsap: abby.e.millsap@us.army.mil
406 Hospital Rd, Smithfield NC 27577
919-934-2013 (4-digit ext. 8611 x. 16)

North Carolina National Guard

Marriage Enrichment Weekend Retreats



North Carolina National Guard
Family Readiness Program
4105 Reedy Creek Road
Raleigh, North Carolina 27607-6410



Enhancing your marriage.

About the Retreats



Army Guard Couples are cordially invited to attend a Marriage Enrichment Weekend Retreat. Retreats are for Army Guard members that deployed (since 9-11-01) or will soon be deployed. All programs can help couples improve the way they communicate and resolve issues. Many of these skills help couples learn how to cope with the adjustments necessary while being married and living a healthy military lifestyle. This year marks the expansion of the Marriage Enrichment Program into three phases.

Retreat Options

Please look at the schedule carefully to understand where you fit in.

ME-I: PREP

PREP (Prevention and Relationship Enhancement Program) teaches couples effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship. *ME-I is designed for first timers. ME-I or ME-II are prerequisites for ME-III.*

ME-II: A Christian-based version of PREP

CPREP is the same material used in PREP, but is written and presented in a Biblically-based format. *ME-II is designed for those who wish to receive the same content as in ME-I, but with distinctly Christian-based content. ME-I or ME-II are prerequisites for ME-III.*

ME-III: "Laughing Your Way to a Better Marriage"

This retreat offers a very humorous approach to looking at the value and differences in a marriage relationship, with very practical wisdom and Biblically-based references. *ME-III is designed for those who have already attended ME-I or ME-II as a prerequisite. It is a very humorous approach to looking at your marriage. Come ready to laugh and enjoy yourself.*

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Expectations of Attendees:

1. Couples are asked to attend the entire workshop from Friday night thru Sunday morning.
2. Registration begins on Friday from 4-7pm and/or Saturday morning prior to the start of the workshop.
3. Several retreats, this year, are designed for families needing to attend with children.
4. A non-refundable registration fee of \$20 per couple is required with the registration form.
5. Civilian spouses, residing over 51 miles or more from retreat location, will be on Invitation Travel Orders (ITOs) to receive travel and meal reimbursement (excluding the provided Sat. breakfast & lunch and Sun. breakfast). ITOs require civilian spouse's full name, SSN, and address.
6. Hotels are paid for by the NCNG. Couples are responsible for incidental expenses (i.e. room service, telephone calls, etc.).
7. Participants are expected to attend all scheduled sessions or full reimbursement for meals, mileage, and lodging may be forfeited.
8. Army Guard members can attend the Retreat during Drill with prior Command approval. Orders will state that POV mileage is not authorized due to civilian spouses receiving this entitlement under their ITO. Military members are only authorized reimbursement for per diem.
9. Dress code for all participants is civilian, casual attire.

North Carolina
National Guard

REGISTRATION FORM

Guard Member's Name:	
Spouse's Name:	
Spouse's SSN:	
Mailing Address:	
City, State, Zip:	
Home Phone #:	
Spouse Cell Phone #:	
Email Address:	
Currently on Alert:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Previously Deployed:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Date Returned:	
Have you attended our Marriage Retreat before? If yes, when?	<input type="checkbox"/> Yes <input type="checkbox"/> No

2008 DATE OF EVENTS & PROPOSED NC LOCATIONS

Please mark 1st, 2nd, & 3rd choice.

ME-I Retreats: PREP

☐ April 11-13: Sunset Beach***

☐ April 19-20: Mountains

☐ May 16-18: Winston-Salem***

☐ June 13-15: Charlotte***

☐ July 25-27: Raleigh

ME-II Retreats: CPREP

☐ May 9-11: Sunset Beach

☐ June 27-29: Mountains***

ME-III Retreats: "Laughing Your Way to a Better Marriage"

☐ July 11-13: Mountains

☐ August 8-10: Sunset Beach***

☐ August 22-24: Sunset Beach

Note: ***Denotes Retreats with planned children's activities.

Please check the appropriate boxes:

- ☐ We plan on staying at the hotel for Friday & Saturday night.
- ☐ We will commute and be there by 8am for the workshop's start.
- ☐ We seek onsite childcare during workshop hours. (Please call to discuss.).
- ☐ Require special diet. (Please explain.)
- ☐ Require a Handicap Room.
- ☐ Enclosed a \$20/couple non-refundable registration fee.

Phone: 800-621-4136 ext. 6324 or 6124

Fax: 919-664-6539